



BLUE & WHITE BELT

1. LOIN OR HIP WHEEL
2. VARIATION ON HOLD DOWNS (5)(10) KATA FORM
3. SCISSORS & NAKED HOLD
4. SPRING HIP THROW
5. THREE ESCAPES FROM HEAD CHANCERY (SIDE)
6. TWO ESCAPES HEAD CHANCERY FROM THE FRONT
7. ESCAPE FROM HEAD CHANCERY FROM THE GROUND
8. INDIAN CROSSOVER LEG LOCK
9. FRONT SCOOPING THROW
10. REAR SCOOPING THROW
11. FIRST 12 MOVES FIRST BLOCKING KATA
12. DROPPING VERSION OF A BODY DROP
13. OUTSIDE FOREARM BLOCK, FOLLOWED BY ELBOW TO RIBS
FOLLOWED BY A
BACKFIST
14. STANCE KATA
15. PAD WORK
16. GROUNDWORK:
 - ARM BAR FROM GUARD
 - BACK HAMMER LOCK (FROM A FAILED GUARD ARM BAR)

REVISION OF PREVIOUS BELTS ANATOMY & JAPANESE TERMINOLOGY